



Ayurvedic Management of Vataj Pratishyaya – A Case Study

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ABSTRACT

Vataja Pratishyaya is described by Acharya Shushruta and Vagbhatta very briefly. It can be correlated with Allergic rhinitis. It's one of the prime diseases of respiratory system found in all age groups irrespective of sex. This disease is also known for its recurrence and chronicity if not treated from its root. Exposure to cold weather, Air Conditioner and cooler, and food habits of junk foods, ice creams, cold drinks, curd, sour items (pickles, sauce) are the major causative factors of this disease, which are very common nowadays in society. Ayurveda medicine also plays a very important role in treating *Pratishyaya* in short time with cutting its root cause in cost effective way. For allergic rhinitis, ayurveda's Rasayana approach is use full to decrease the episode of *Pratishyaya* by improvement in immunity.

Keywords: Rhinitis, Allergies, Vataj, *Pratishyaya*, Respiratory system

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INTRODUCTION

Shalaky tantra is one among the eight branches of *Ayurveda*. *Shalaky tantra* is as deep as ocean and is not possible to explain it completely even with any number of verses. Description of *nasaroga* is elaborated in *sushruta Samhita Uttar tantra* 22,23,24; In *Ashtang Hrudaya Uttaratantra* 19,20; In *Ashtanga Samgraha Uttaratantra* 23,24 and *Charak Samhita Chikitsa sthana* 8-26.

Acharya *Susruta* has explained 31 *Nasagata roga* with detail sign, symptoms and treatment [1]. *Pratishyaya* is one among the 31 *nasagata roga*. Acharya *Charaka* Explained 17 *nasagata roga*² and Acharya *Vagbhatta* explained 18 *Nasagata roga*.

Pratishyaya - The term *Pratishyaya* means '*pratikshanam shyayate* it's *Pratishyaya*' means continuous secretion from *nasa* is known as *Pratishyaya* [2].

Nidana [3]-

(अ. ह. उ. त. १९/१-३)

- Exposing to Snow or Moisture, wind and dust
- More talking
- Sleeping in the day time, Keeping Awake at night.
- Resting the head downwards and very height while sleeping
- Eating Sweet, cold, heavy and *ruksha* food frequently.

These *Nidana* have been Cause *Pratishyaya*. Its very serious condition in day-to-day life. Nowadays every person has busy life style schedule, that's why he has no time for proper diet, meditation etc. Now, the man preferred fast food instead of simple home made food. As the purpose of work, a person visits the various places. He has also preferred the personal vehicle (two-wheeler or four wheeler) for visit instead of public transport, These vehicles cause pollution, various gases, dust particles affect the respiratory system. The exposure of cold, dust particles and polluted air cause the dysfunction of nasal mucosa as the result of sneezing, running nose, cough etc. That cause the *Vataj pratishyaya*. As, we are presenting a case study of *Vataj Pratishyaya*. In this study we discussed about successful treatment, *Nidana Parivarjana*, *pathya* *apathya* etc.

CASE-

24 year female patient attended the ENT OPD of Parul Ayurved Hospital on 31/03/2022 with complaint of

- Excessive nasal discharge (Rhinorrhoea)
- Excessive sneezing (>22 times in a Morning and >15 times in Night)
- Nasal blockage
- Cough
- Headache on Frontal region
- Itching in Ear and Throat
- Difficulty in Breathing For 5-6 years.

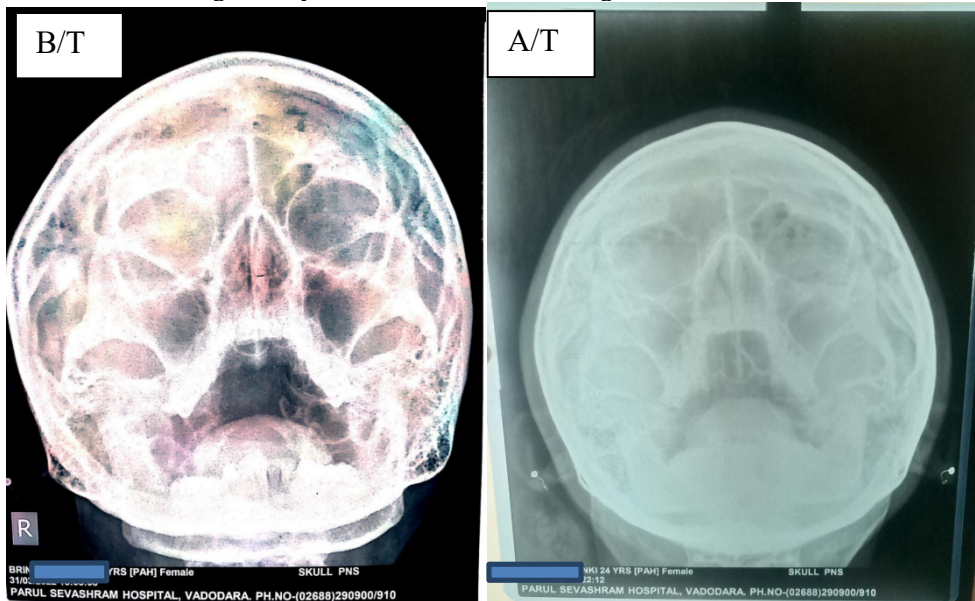
PAST HISTORY:

Septoplasty done 4 years back. Since then she was on Levocetirizine 5 mg As an when Required for temporary relief.

Her haematological and biological laboratory findings (on 31-03-2022 at Parul Ayurved Hospital) showed.....

TLC : 6000/Cumm
DLC : P58/ L34/ E04/ M04/ B00
Hb : 12.4g/dl
RBS : 4.27mill/cumm
PLT : 327000/cmm

Fig1:X- ray PNS showed – Thickening of nasal Mucosa.



AGGRAVATING FACTORS

- Exposure to dust
- Cold climate
- Milk and milk products
- Frozen foods
- Stress
- Gastric upset

PERSONAL HISTORY

- Ahara- Veg.
- Vihara - Addiction- Tea
- Bowel Habit- Vibhandha Sometimes
- Nidra – Swapndarshana
- Mutra- 3-4 times/ day & 1-2 times/night

LOCAL EXAMINATION -

Table:1 Routine Examination of patient

EAR	
External Acoustic Canal	Right Ear- NAD Left ear- NAD
Tympanic Membrane	Right- Intact Left- Retraction
NOSE	
Nasal Mucosa	Pale, Bluish
Discharge	Rhinorrhea
Turbinate	Bilateral nostril Inferior turbinate hypertrophy
Septum	Septal mucosal Thickening
THROAT	
PPW	Congestion ++ Post nasal drip+



Before treatment

After Treatment

Fig 1: Picture of Treatment**DIAGNOSIS-**

Based on the history and clinical examination, the case was clinically diagnosed as a *Vataj Pratishyaya* (Allergic Rhinitis).

CHIKITSA-

Chikitsa Given in 4 Steps

1. *Nidana Parivarjana*
2. *Agni Chikitsa*
3. *Kriyakalpa and Aushadha Chikitsa*
4. *Pathya- Apathya*

1. *Nidana parivarjana*- *Nidana parivarjana* helps in prevention and cure of the disease and cure of the disease by avoiding the causative factors in the form of *Ahara* (Food) / *Vihara* (Lifestyle) or both. Further *Nidana Parivarjana* helps in stoppage of progression of the disease by avoiding respective *Nidanas*. Avoid Exposure to dust

- Avoid Cold climate
- Avoid Eating Milk and milk products
- Avoid Use of Frozen foods
- Avoid any type of Stress etc.

2. *Agni Chikitsa*-

Agni chikitsa helps to remove *Ama* in our Body. *Agni Chikitsa* helps to improves the *Deepana - Pachana*.

3. *Kriyakalpa* (Karma) -

- *Urdhavajatrugata Snehana With Murchita Til Taila*
- *Swedana*- Steam inhalation With *Amrit Bindu* For 7 days *3 sittings

- *Nasya* with *Ksheerbala Taila* For 7 Days *3 Sittings
- *Kawal* With *Triphala Kwatha* For 7 Days *3 sittings
- *Pratimarsha Nasya* with *Anu taila* 7 days in alternative days for 3 month⁴

Aushada Sevana-

- Tab *Chitrakadi vati* 2tab Twice in a day * 7 days
- Tab *Triphala guggulu* 2 tab Twice in a day *7 days
- Tab *Arogyavardini vati* 1 tab twice in a day *7 days
- *Haridrakhand Avleha* 1 tsf Twice in a day *3 Month
- *Drakshasava* 3tsf with half glass of water for twice in a day *3 Month
- Tab *Laghmalini vasant rasa* 1tab Twice in a day *3 Month

Table: 2- Treatment given Continue 90 day

Treatment Given 1 st day	7 th day Onward	14 th day onward	21 st day onward	28 th day onward	35 th day onward	42 nd day onward	60 th day onward	90 th day onward
<i>Triphala Kwatha Kawal</i> Twice in a day	<i>Nasya</i> with <i>Ksheerbala taila</i> 6-6 drops Once in a morning (1 st Sitting)	<i>Pratimarsha Nasya</i> With <i>Anu Taila</i> 2-2 drops twice in a day	<i>Marsha Nasya</i> with <i>Ksheerbala taila</i> - 6-6 drops once in a morning (2 nd Sitting)	<i>Pratimarsha Nasya</i> with <i>Anu Taila</i> 2-2 drops Twice in a day	<i>Marsha Nasya</i> with <i>Ksheerbala Taila</i> 6-6 drops Once in Morning (3 rd Sitting)	<i>Pratimarsha Nasya</i> with <i>Anu taila</i> 2-2 drops twice in a day	<i>Pratimarsha Nasya</i> with <i>Anu taila</i> 2-2 drops twice in a day	<i>Pratimarsha Nasya</i> with <i>Anu taila</i> 2-2 drops twice in a day
Tab <i>Chitrakadi Vati</i> Twice in a day	<i>Triphala Kwatha Kawal</i> Twice in a day	<i>Haridrakhand Avleha</i> 1tsf twice in a day	<i>Triphala Kwatha Kawala</i> twice in a day	<i>Haridrakhand Avleha</i> 1tsf Twice in a day	<i>Triphala Kwatha Kawala</i> twice in a day	<i>Haridrakhand Avleha</i> 1tsf Twice in a day	<i>Haridrakhand Avleha</i> 1tsf Twice in a day	<i>Haridrakhand Avleha</i> 1tsf Twice in a day
Steam inhalation with <i>Amrit Bindu</i> Twice in a day	Steam inhalation with <i>Amrit Bindu</i> twice in a day		Steam inhalation with <i>Amrit Bindu</i> Twice in a day	<i>Laghmalini vasant rasa</i> 2 tab twice in a day	Steam inhalation with <i>Amrit Bindu</i> Twice in a day	<i>Laghmalini vasant rasa</i> 2 tab twice in a day	<i>Laghmalini vasant rasa</i> 2 tab twice in a day	<i>Laghmalini vasant rasa</i> 2 tab twice in a day
<i>Triphala Gugglu</i> 2 tab Twice in a day	<i>Triphala Gugglu</i> 2 tab twice in a day		<i>Haridrakhand Avleha</i> 1 tsf twice in a day		<i>Haridrakhand Avleha</i> 1tsf Twice in a day			
Tab <i>arogyavardini vati</i> 1 tab twice in a day	<i>Draksha Asava</i> 3 Tsf with half glass water	<i>Draksha Asava</i> 3 Tsf with half glass water	<i>Draksha Asava</i> 3 Tsf with half glass water	<i>Draksha Asava</i> 3 Tsf with half glass water	<i>Draksha Asava</i> 3 Tsf with half glass water	<i>Draksha Asava</i> 3 Tsf with half glass water	<i>Draksha Asava</i> 3 Tsf with half glass water	<i>Draksha Asava</i> 3 Tsf with half glass water
					<i>Laghmalini vasant rasa</i> 2 tab twice in a day			



Abhyanga

Nasya

Kavala

Fig 1: Panchkarma Treatment

Pathya- Apathya [5]-

Pathya :-

Always cover mouth and nose while moving outside in dust or polluted area. Shiroabhyanga with Oil.

Take hot water.

Vegetables to eat- Brinjal, Beans, Radish, Garlic as food supplement.

Take Mudga Yush as soft, liquid diet.

Take one tsf Ghee when eating food for better digestion.

Take Light and healthy food.

Apathya :-

Direct Exposure to Wind And Dust.

Headbath

Sleeping Day time.

Abhshyandi Ahara Sevan.

More Anger, Shoka, Crying

To retain urine and stool for long time.

Cold drinks, ice cream and other frieze items.

RESULTS

Table3: Treatment given according symptoms

Symptoms	Before treatment	7 th day	14 th day	21 st Day	28 th day	35 th day	42 nd th Day	60 th day	90 th day
Excessive nasal discharge (Rhinorrhoea)	+++	++	++	+	-	-	-	-	-
Excessive sneezing (>22 times in a Morning and >15 times in Night)	+++	+++	+(5-7 times /day)	+(3-4 times/ morning and night)	-	-	-	-	-
Nasal blockage	++	++	+	+	-	-	-	-	-
Cough	+++	++	+	-	-	-	-	-	-
Headache on Frontal region	+++	++	-	-	-	-	-	-	-
Itching in Ear and Throat	++	++	+	+	-	-	-	-	-
Difficulty in Breathing	++	++	+	-	-	-	-	-	-

DISCUSSION AND CONCLUSION

- Ksheerbala Taila Contains Cow Milk, Bala and Tila Taila. these drugs are mostly having vata shamak properties, drugs also having Madhura, Kashaya rasatmak properties, which helps to breakdown pathogenesis of pratishyaya [6].
- Ksheerbala Taila Nasya, which is Snehana Nasya, is particularly helpful in providing long-term relief from symptoms. Ksheerbala Taila is very effective in Kshavathu, Nasaavarodha, Shirohgaurav, Tanusrava.
- Anu taila⁷ includes properties like Vataghna, Brumhana and Snehana. It act as sukshama strogami, so it can be used as Sodhana of urdhav jatrugat strot. As kapha's sthana is above chest, Kapha diseases occurs in This region mainly. Anutaila work by sodhana of Kaphadi dosha. Other work of Anu Taila as Brumhana is seen after this. oil reaches to small channels of Nasa, and eradicates all the doshas. The sneha Reaches in the strotasas, oleation and firming action takes place on tendons and ligaments of upper part of the body. It also increases efficiency of Nasa, Karna, Chaksu. In kapalgata diseases also, Anu Taila Nasya is very useful. e.g. Khalitya, Palitya. In Dincharya Nasya is also recommended. So Anutaila is said as very important and effective drug of Ayurveda.
- Triphala⁸, which include free radical scavenging, antioxidant, anti-inflammatory, immunomodulating, dental caries analgesic, antibacterial, antimutagenic, wound healing, anticancer, hepatoprotective, chemoprotective, radioprotective and chemopreventive effects. Triphala Kwatha Kawal reduces the Congestion of throat and helps in relieving nasal symptoms too.
- Triphala Guggulu - guggulu contains diterpenoids, triterpenoids, steroids, long-chain aliphatic tetrols, aliphatic esters, carbohydrates, and a variety of inorganic ions besides minor amounts of sesamin and other unidentified constituents. Triphala Gugulu also reduces Headache and pain in throat and also congestion.

- Haridrakhand avleha [9] include Haldi or Haridra (Turmeric) – Curcuma Longa, Nishoth (Trivrit or Turpeth) – Operculina Turpethum, Haritaki – Terminalia Chebula, Daruhaldi – Berberis Aristata, Nagarmotha – Cyperus Rotundus, Ajwain (Carom Seeds) -Trachyspermum Ammi, Ajmoda (Celery Seeds),Chitrakmoola. Haridrakhand has Anti-allergic, Antihistaminic, Anti-inflammatory,Antioxidant, Antipruritics healing properties. It helps stopping sneezing and reducing nasal congestion and postnasal drip.
- Draksha asava [10] It contains Draksha, Dhatki pushap, Kankol, Lavang, Jayaphala,krishna, Maricha, Dalchini, Pippli,Chitrakmoola,and renukabeeja. These have Katu, Tikta rasa, Ushna virya, Ruksha, Tikshna laghu g una & Doshagnata is Vata kapha hara, which helps in relieving the symptoms of Vataj Pratishyaya. It helps in restoring the digestive fire and ultimately helps in curing the diseases arising due to imbalanced digested fire (Agni vaishamya).
- Laghu malini vasant rasa¹¹(yog ratnakar jwaradhikara 211)- Contains Rasaka(kalkhapri) It gives strength to the rasa vaha srotas, producing healthy adya rasa dhatu and ultimately healthy Kapha. As urdhvajatrugata Vikara occurs due to vitiation of kapha prescribing Laghu malini vasant rasa helps in curing the rasa and mala vitiation. As name suggests it also helps in rejuvenating the sense organs including Nose.
- Amrit Bindu contains Karpura, menthol, Eucalyptus oil, Turpentine oil, Clove oil . In these ingredients at as decongestant, antimicrobial property, analgesics, antioxidants.Eucalyptus oil loosen the Mucus and expelled out from body. Turpentine oil and clove oil reduces congestion and pain.

CONCLUSION

With proper treatment protocol and Some Mentioned ayurveda medicine,Pratishyay can be treated very effectively. This treatment also helps in decreasing Allergic condition. One of the important things in ayurveda treatment is that it has no side effects. So with this case study it's clear that in Pratishyaya ayurveda treatment can give better result.

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